

Health & Wellness Committee Meeting  
April 12, 2023  
12:30 p.m. via Google Meet

Attendees: Dunnington, George, Helminiak, H. Jensen, Kamrath, Nanstad, Polzin, Schuh, Stevens, Wepking, Wierzba

Other Attendees: No other attendees

**Agenda:**

- 1. Mental Health Services Report:** Middle school groups concluded today. In the process of writing our AODA (\$15,000) and mental health (\$75,000) grants.
- 2. Nutrition Services Report:** Recently partnered with Bosben Rd Beef Co., a local supplier, and has been using the product for some meals. Feedback is appreciated.
- 3. School Nurse Report:** The district medical emergency team members did CPR renewal yesterday. Provided information on a free app for suicide awareness called Got Your Back, which was created by a mom whose son died by suicide.
- 4. Athletics/Fitness Center Report:** Fitness center use has slowed down with the nicer weather. Spring sports seasons are in full swing. Still experiencing bus driver shortage.
- 5. Activities Report:** Upcoming events include Walking School Bus on May 3, 10 and 17. Ride your Bike to School on May 24 (participants must wear a helmet). Tammy George will reach out to student council for helpers.
- 6. HR/Employee Wellness Report:** Will share with staff the newsletter 'Live Well, Work Well' and 'Wellness Focus'. In the process of renewing next year's health insurance and open enrollment for health, dental, vision and FSA will begin around May 15.
- 7. Looking Ahead:** nothing to report
- 8. Other:** TRUE ID has been discussing a potential fundraiser to support Bring Change to Mind, which is an organization that focuses on mental health advocacy.

**Next Meeting: May 10, 2023 at 12:30 via Google Meet**